

Full Moon Eclipse Ritual

Journal Questions

Divine Timing

What were you experiencing 6 months ago? What was happening in your life around November?

What has changed in your life over the last 6 months?

Was there anything you identified then as wanting or needing to let go of in order to grow? Have you? If not, how could you move forward with this?

What do you need to let go of now in order to freely move forward in your life? What beliefs or assumptions are holding you back?

What changes are you currently experiencing in your life? What is newly beginning?

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Smudge & Protect

Divine Timing

This ritual requires four pieces of black tourmaline, a feather and an incense you can burn such as palo santo, sage, lavender, mugwort or frankincense.

It will help to release any yucky energy trapped in your home that may have been leftover from previous houseguests, or even the last time you were in a bad mood.

This ritual is great performed on the Full Moon.

- First, light up your smudge stick. Once it is releasing a healthy amount of smoke, start from one room in your house and walk past every wall, allowing the smoke to waft into each area. Use your feather to direct the smoke, and be sure to pay special attention to windows and doors.
- While you are directing the smoke, say out loud: "All that does not belong here, leave now. Thank you."
- Repeat throughout every room in the house.
- Once you have smudged every room, smudge your body. Start from your head, using the feather to direct the smoke. End by lifting up each foot to get the bottoms of your feet.
- Next, get your black tourmaline ready by allowing the smoke to penetrate each piece. Once your tourmaline is good and clean, you can put your smudge stick out.
- Place your black tourmaline in the four corners of your home, thereby creating a giant crystal grid. Try to place them as symmetrically as possible.
- Once they are placed, ask the universe to protect the energy of your home and block anything not aligned with your higher purpose from entering.
- That's it! You've successfully used the eclipse energy to enhance this cleansing and grid-setting ritual.

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Release Meditation

Divine Timing

This comforting meditation can be used during a full moon eclipse to help you release any bad habits, negative people or unfortunate circumstances that no longer serve you. You don't need anything but a quiet space, a little imagination and ten minutes to perform this final ritual.

Sit in a quiet space in a comfortable position and close your eyes.

Take three deep breaths in through the nose and out through the mouth, allowing your heart rate to gently decrease.

Imagine yourself lifting up and out of your body and flying through the sky towards the moon. This is when it is especially important to trust your imagination. Don't judge how your imagination tries to fly or not, just go with it.

Once you've landed on the moon in your visualization, take a walk around.

Imagine that you've seen a woman in all white walk up to you. She is one of the moon's messengers, here to deliver you a message.

Ask her what this full moon eclipse wants you to release to fulfill your full potential and why now is the right time. Listen carefully and without judgement.

Now, imagine a manifestation of what you want to release appearing next to the moon lady. It can appear however you think it should. If it's a job, then it could be your boss. If it's a bad relationship habit, it could be your former partner.

The moon lady pulls out a beautiful selenite sword and you look down to see a dark string connecting you to the habit. She asks you if she can cut it.

You nod and imagine the knife severing the cord, turning it to ash. You hug the moon representative and she tells you she is proud of you.

Once the ritual is done, allow yourself time to return back to your body.

When you are ready, take a moment and write down as many details as possible in case you want to refer to it later.

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Release Meditation

Divine Timing

NOTES FROM YOUR MEDITATION

A large, empty rectangular area with a light beige background, intended for writing notes from the meditation.